

HOW THE GOSPEL RECLAIMS THE SHATTERED STORIES  
HELD WITHIN OUR BODIES, HEARTS, AND MINDS



PRESENTED BY REDEMPTION CHURCH TEMPE  
IN PARTNERSHIP WITH  
THE SURGE NETWORK, VIA CHURCH, AND MISSIO DEI COMMUNITIES

# CONFERENCE SCHEDULE

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## FRIDAY, MARCH 9TH

- 6:00-6:15pm      **Raising Awareness: Mental Health and the Church** / Riccardo Stewart
- 6:15-7:15pm      **Mental Health and the Whole Person: From Dualism to Integration** / Curt Thompson, MD
- 7:30-8:30pm      **The Burden of the Call: How Caring Requires Sacrifice** / Steve Tracy, PhD
- 8:30-9pm          **Aware: Exploring Our Internal World (Experiential Exercise)** / Andy Maurer, MS, M.Div

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## SATURDAY, MARCH 10TH

- 8:30-9:15am      **Anxiety and Depression: Stuck in the Past and Future** / Caleb Mitchell, MA, M.Div
- 9:30-10:15am     **Trauma and Abuse: From Shalom to Shattered**  
Andy Maurer, MS, M.Div & Steve Tracy, PhD
- 10:15-10:45am    **Anchored: Finding Stability in the Midst of Chaos (Experiential Exercise)** / Heidi Vance, MA
- 11:00-11:45am    **Detached: How Addiction Insulates Us From Our Sin, Shame, and Pain** / Andy Maurer, MS, M.Div
- 11:45am-12:45pm **Lunch & Panel Discussion: Finding Connection in Leadership Through Vulnerability** / Tim Anderson, Chris Gonzalez, Dennaë Pierre, Vermon Pierre
- 1:00pm-1:45pm    **Mental Health for All God's People: When One Suffers All Suffer** / Dennaë Pierre
- 1:45pm-2:15pm    **Aligned: From Fragmentation to Integration (Experiential Exercise)** / Andy Maurer, MS, M.Div

# SESSION DETAILS / DAY ONE

## INTRODUCTION

6:00-6:15PM

### **Raising Awareness: Mental Health and the Church**

This will be a brief 10 minute introduction discussing the importance of mental health issues within the church and why we desire the church to be the first to step into areas of discomfort, confusion, and pain with one another.

**Speaker:** Riccardo Stewart / Lead Pastor, Redemption Church - Tempe

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## SESSION ONE

6:15-7:15PM

### **Mental Health and the Whole Person: From Dualism to Integration**

Scripture calls us toward an integrated understanding of self, and away from a dualistic understanding of our bodies and spirit. In this lecture, Curt Thompson explains how cutting-edge neuroscience supports a deeper understanding of how our spirit, brain, and body interconnect. Dr. Thompson will invite us to participate in practices that lead to deeper intimacy with God, ourselves, and others on our journey to be whole beings: allowing both our minds and our body to inform our Christian faith.

**Speaker:** Curt Thompson, MD / Psychiatrist and Author

## SESSION TWO

7:30-8:30PM

### **The Burden of the Call: How Caring Requires Sacrifice**

Is there a way to love and serve the those who are struggling without being impacted by their pain? In this lecture, Steve Tracy explores the burden we carry when entering into the pain and suffering of others and how this aligns with an overall theology of care and love, as modeled by Jesus. Steve shares, from first hand experience, how his ministry to the most vulnerable has impacted his heart, spirit, and body, and gives practical steps for how we can embrace this calling, and at the same time practice a life of self-care.

**Speaker:** Steve Tracy, PhD / Founder and President, Mending the Soul Ministries

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## EXPERIENTIAL EXERCISE

7:30-8:30PM

### **Aware: Exploring Our Internal World**

Through reflecting upon our own stories, feelings, and relationships, in light of the Gospel, these experiential exercises will foster a deeper sense of awareness and learning. Ample time will be given to process what we are learning and courageously face the known and unknown spaces inside our hearts. As we move through this process, the hope is that participants will learn how to better connect with, and known, themselves, others, and God.

**Facilitator:** Andy Maurer, MS, M.Div / Licensed Associate Marriage and Family Therapist, The Phoenix Counseling Collective

# SESSION DETAILS / DAY TWO

## SESSION THREE

8:30-9:15AM

### **Anxiety and Depression: Stuck in the Past and Future**

Anxiety and depression are the most common mental health disorders facing American society. With childhood and adolescent anxiety and depression on the rise, as well as suicide rates, everyone has been personally or relationally impacted at some level by the crippling effects of anxiety and depression. In this lecture, Caleb Mitchell will discuss the deep roots beneath this symptomatology and how a practice of being in the “here and now” with ourselves, others, and God, can alleviate our depression about the past and our anxiety about the future.

**Speaker:** Caleb Mitchell, MA, M.Div /Co-Owner and Licensed Professional Counselor, The Phoenix Counseling Collective

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## SESSION FOUR

9:30-10:15AM

### **Trauma and Abuse: Shalom Shattered and Restored**

In the Gospel story, The greatest act of redemption was birthed from horrific shame inducing trauma and egregious injustice. In this lecture, Steve Tracy and Andy Maurer walk through the trauma of scripture, and reflect upon how this narrative shapes the way in which we approach our deepest pain and how we allow God and others to meet us in this place. We can find healing for our deepest wounds through both Jesus’ humanity and his divinity. Together they will provide a theology of trauma and abuse and give practical and clinical skills in healing the devastating effects of trauma.

**Speaker:** Steve Tracy, PhD / Founder and President, Mending the Soul Ministries, along with Andy Maurer, MS, M.Div / Licensed Associate

Marriage and Family Therapist, The Phoenix Counseling Collective

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## EXPERIENTIAL EXERCISE

10:15-10:45AM

### **Anchored: Finding Stability in the Midst of Chaos**

Through reflecting upon our own stories, feelings, and relationships, in light of the Gospel, these experiential exercises will foster a deeper sense of awareness and learning. Ample time will be given to process what we are learning and courageously face the known and unknown spaces inside our hearts. As we move through this process, the hope is that participants will learn how to better connect with, and known, themselves, others, and God.

**Facilitator:** Heidi Vance, MA / Owner and Licensed Professional Counselor, The Center for Therapeutic Yoga

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## SESSION FIVE

11:00-11:45AM

### **Detached: How Addiction Insulates Us From Our Sin, Shame, and Pain**

In order to heal from addiction, we must be willing to tell the story of sin we commit and also the story of sin that has been committed against us—a narrative that tears apart our soul. In this lecture, Andy Maurer explores how addiction disconnects us from the world inside of us and the world around us, ultimately blinding us to the goodness of the God’s grace and the beauty of human connection. In this lecture we will highlight sexual addiction and explore how our attempts to ease our pain, or numb our convictions, can only be healed through a persistent pursuit of a healthy and intimate relationship with ourselves, others, and God.

# SESSION DETAILS / DAY TWO

**Speaker:** Andy Maurer, MS, M.Div / Licensed Associate Marriage and Family Therapist, The Phoenix Counseling Collective

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## PANEL DISCUSSION

11:45AM-12:45PM (DURING LUNCH)

### **Risky Business: Finding Connection in Leadership Through Vulnerability**

**Tim Anderson**

Counseling Pastor, Redemption Church Tempe

**Chris Gonzalez**

Elder, Missio Dei Communities Tempe

**Vernon Pierre**

Lead Pastor, Roosevelt Community Church

**Dennae Pierre**

Executive Director, The Surge Network

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## SESSION SIX

1:00-1:45PM

### **Mental Health for All God's People: When One Suffers All Suffer**

Mental health issues impact every branch of society, culture, race, and economic group. Yet, when it comes to finding healing and resources, multicultural communities face numerous barriers, including less access to treatment, poorer quality of care, language barriers, and racism and discrimination. In this lecture, Dennae Pierre will help us understand how to best love and serve those struggling with mental health issues within multicultural communities and how the church can take an "us" instead of "them" approach to caring for those inside and outside the body of Christ, as fellow image bearers.

**Speaker:** Dennae Pierre / Executive Director, The Surge Network

## EXPERIENTIAL EXERCISE

10:15-10:45AM

### **Aligned: From Fragmentation to Integration**

Through reflecting upon our own stories, feelings, and relationships, in light of the Gospel, these experiential exercises will foster a deeper sense of awareness and learning. Ample time will be given to process what we are learning and courageously face the known and unknown spaces inside our hearts. As we move through this process, the hope is that participants will learn how to better connect with, and known, themselves, others, and God.

**Facilitator:** Andy Maurer, MS, M.Div / Licensed Associate Marriage and Family Therapist, The Phoenix Counseling Collective













**The Mental  
Health and  
the Gospel  
conference  
seeks to bring  
awareness  
to prevalent  
mental health  
issues facing  
society through  
the lens of the  
gospel story.**

